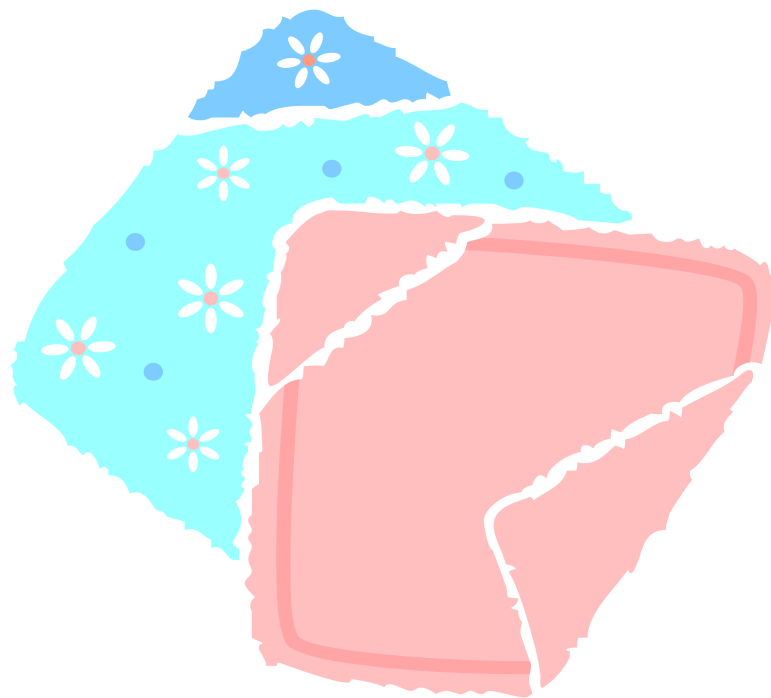


USNH Yokosuka



STORK'S NEST

Stork's Nest Program

The mission of the Stork's Nest is to provide the mother-to-be close proximity to U.S. Naval Hospital (USNH) Yokosuka for the labor & delivery of her baby. The USNH Stork's Nest is a service provided as a free, temporary residence for beneficiaries who meet the waiting list requirements. A safe, comfortable option, the Stork's Nest welcomes term obstetric beneficiaries for the final one to four weeks of pregnancy. Located in Building 1407, the Stork's Nest overlooks the water and is adjacent to USNH Yokosuka. There are 12 private rooms, each with a bathroom, full bed, queen sleeper sofa, refrigerator/freezer, microwave, TV/VCR and dresser. In addition to the individual rooms, there is a lobby with a kitchenette, large screen TV and free laundry facilities. McDonald's and various other restaurants are within walking distance of the Stork's Nest. The Stork's Nest is fully equipped to provide maximum comfort and a home-like atmosphere.

The Stork's Nest Case Manager is HM1 Sara Mathson who coordinates the beneficiary's transition from referring medical treatment facility to the Stork's Nest. She can be reached at 243-8027/243-8747 or email at Saralynne.Mathson@med.navy.mil

The residents of the Stork's Nest can use USNH dining room or patronize the various Yokosuka base restaurants. Residents may leave the base, but because it is so close to delivery time, it is recommended to stay in close proximity to the base. Siblings are welcome at the Stork's Nest as long as there is another adult who can care for them when Mom goes into labor.

Residents are also responsible for the daily cleaning of their rooms, just as at home. We appreciate cooperation in maintaining the general cleanliness of your room as well as the common areas (living/dinning room, kitchenette, bathrooms and laundry room) in consideration of other Stork's Nesters. Please refer to the check out sheet in the back of the attached publication for other information.

As soon as you are aware that you are expecting, please sign up for the Stork's Nest. You can sign up at the OB/GYN Clinic or via phone at 243-8720 or 243-8747. As soon as a room becomes available, the Stork's Nest Case Manager will notify you of a room opening. We hope to place you in a room two weeks before your delivery date, but **due to the volume of births at USNH Yokosuka we cannot guarantee the availability of a room.** If you no longer wish to stay or deliver early and would not require a room, please notify the Stork's Nest Case Manager **ASAP.**

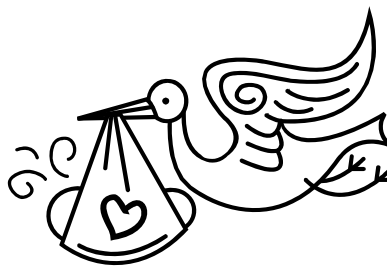
IWAKUNI

Expectant mothers from Iwakuni are transferred to USNH at 35-36 weeks. Please note that lodging at the Stork's Nest may not be available at that time. Medical staff and/or the patients need to make other lodging arrangements until a room becomes available. We do ask that the patient leave contact information with the OB/GYN clinic, so that the patient can be contacted when a room becomes available.



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CRITERIA FOR STORK'S NEST ELIGIBILITY

- 1- Eligible OB beneficiaries (USNH Yokosuka) are those who are able to care for themselves and are in a non-patient status. The Stork's Nest is not a patient care facility, but free temporary military billeting/lodging, or a home away from home.
- 2- On the average, a beneficiary must live more than 45 minutes away from USNH Yokosuka.
- 3- If you bring children, you need to have a childcare provider to care for your children for all your OB appointments and admission to the hospital for labor and delivery. The childcare provider may stay with you or be no more than 45 minutes away. USNH Yokosuka does not provide childcare.
- 4- **Check out is at 1600 the day that you are discharged.** You will need to assure that the coffee pot is clean, the refrigerator and microwave are cleaned inside and out, the sofa bed is put away, the beds are stripped and all linen and towels are placed into the linen bag provided in the room. **The room keys along with your check out sheet should be returned to the OB/GYN department on the 2nd floor of the hospital Monday thru Friday between the hours of 0730-1600. After 1600 Monday thru Friday, and on holidays and weekends, please return the keys to the quarter deck at the main entrance of the hospital.**
- 5- If you meet the criteria for eligibility, you are placed on a waiting list with the following information:
 - a. The name of the woman to give birth
 - b. SSN number and example – 30/1230 prefix and last four
 - c. Home and work phone numbers
 - d. Expected Date of Confinement (EDC) or delivery date
 - e. Gravida/Parity (how many times you've been pregnant and times you've given birth)
 - f. Medical clinic that is currently providing OB care for you
 - g. The number of adults and children that will accompany you to the Stork's Nest.

SIGN UP

***You are responsible for signing yourself up for the Stork's Nest. The sooner you sign up, the better. You may sign up as soon as you find out that you are pregnant.**

RECORDS

Please make sure that you have scheduled an appointment to be seen at USNH Yokosuka as soon as possible. This is your responsibility. Please bring your OB records and any other forms regarding your pregnancy, including ultrasound reports or films. If you have medical problems, such as asthma, high blood pressure, etc., please bring your outpatient medical record as well.

ORDERS

Orders to the Stork's Nest are issued by the sponsors command, NOT USNH Yokosuka or the branch medical clinics. You will be staying at the Stork's Nest at no cost. If you are on "cost" TAD orders, or were paid advance TAD, it is the sponsor's responsibility to notify your command once you have been placed in the Stork's Nest. If the command is not notified, you must be prepared to pay back the portion that you received for your Stork's Nest stay. Once you have checked into the Stork's Nest you will need to have your orders endorsed by the USNH Yokosuka Quarterdeck.

LODGING

*******IMPORTANT*******

If the Storks Nest is unavailable, you are responsible for making a reservation at either of the below choices:

-Navy Lodge – 243-6708

-BEQ (enlisted)/BOQ (officer) – 243-5596



FREQUENTLY ASKED QUESTIONS (FAQs)

1. Where do I park?

Parking is available in the USNH Yokosuka parking lot and beyond on the first come first serve basis.

2. Can my family stay with me in my room? Can I bring a pet?

Family members are encouraged to visit and may stay in the room with you. For all OB appointments and admission to the hospital for labor and delivery, you will need to have another adult or child care provider take care of your children. That person needs to be within 45 minutes of the Stork's Nest. **Call security concerning non-military family member guest passes in advance.** Pets are not allowed.

3. How can I get to the Storks Nest from Atsugi if I do not have a car?

The medical shuttle leaves from Atsugi from Cinema 77 at 0715 and 1215 Monday through Friday. Call the transportation office at 264-5363 to reserve a seat. All beneficiaries should check with their base medical clinic (BMC) OB nurse to coordinate transportation. Upon arrival, the base offers a free shuttle bus around the base. Taxis are available on and off base for a fee. Taxi services phone numbers are on base 243-4444 or off base 99/254444.

4. I didn't stay at the Stork's Nest during my last delivery at USNH Yokosuka. Do I have to now?

Stork's Nesting provides a safe and comfortable option for pregnant beneficiaries to ensure they are in close proximity to USNH Yokosuka before labor begins. Beneficiaries are not required to stay at the Stork's Nest.

5. How will I know who my new doctor will be and when my remaining prenatal appointments will be?

As soon as you have a confirmed room reservation, it is okay to schedule your prenatal appointment. Or, once you have checked in to the Stork's Nest call 243-8747 or stop by one of the clinics to schedule your next prenatal appointment. Please let the clerk know that you are residing in the Stork's Nest.

6. What costs are involved in Stork Nesting?

The Stork's Nest is a no cost service provided by the USNH Yokosuka. Parent commands issue TAD orders.

FREQUENTLY ASKED QUESTIONS (FAQ)

7. Will I have email capability while I am Stork Nesting?

Yes, if you have your own laptop, Bldg 1407 has a J Spot (wireless internet connection). If you do not own a laptop computer, the base library has computer and internet access. Hours of operation are daily from 1030 to 1930.

8. Am I responsible for cleaning my own room?

Yes, however we have a cleaning service provide from 0800-1200 which includes:

- vacuum floors
- clean bathrooms
- wipe down sinks

If you would like to use this service please hang the “requesting room service” sign on your door.

9. Can my kids go to school at Yokosuka while I’m Stork Nesting?

DoDDS recommends keeping your child/children enrolled at their present school to prevent disruption of their education.

10. Will the CDC on the base transfer my child’s enrollment to the CDC at Yokosuka?

Each CDC is run independently and enrollment cannot be transferred between centers. Hourly CDC is available once your child is registered at Yokosuka CDC call for availability at 243-5964.



CHECK-IN

Check-in procedures occur Monday-Friday 0730-1600. Check in on the 2nd floor at the OB/GYN department. On weekends, holidays and after 1600, check in at the main entrance of the hospital (Quarterdeck).

PRENATAL APPOINTMENTS

OB Provider: If you are not currently being seen at one of USNH Yokosuka's clinics, stop by or call to schedule your next prenatal appoint. Please let them know where you are residing and provide a phone number where you can be reached.

Hours of operation (M-F, excluding holidays) 0730-1600

OB/GYN Clinic ----- 243-8747/8741

Family Practice (B Desk) ----- 243-8721

*******IMPORTANT:** You need to make childcare arrangements for your children during your OB appointments and admission to the hospital for labor & delivery.

FOR YOUR SAFETY, children are not permitted in the exam rooms for OB appointments.

CHECK-OUT

Check out is at 1600 the day after you are discharged from the hospital. **Be sure to turn in your keys before you leave: before 1600 at OB/GYN clinic and after 1600 at USNH Quarterdeck (main entrance of the hospital).**

WHAT TO BRING

OB & medical records

Clothes for appropriate season

Raincoat and/or umbrella

Personal hygiene items

Walking shoes

Clothing for baby

Favorite pillow and blanket (optional)

Towels and wash clothes (optional)

Car seat(s) (mandatory)

Money, major credit cards, or ATM card



DINING FACILITIES

*For more information call 113 (base operator) to ask for the phone number.

Hospital Galley (see Stork's Nest services)

Officer's Club- across the street from the hospital

Chief's Club – on ship side of the base

McDonalds – Next to PSD (One minute walk from Stork's Nest)

Taco Bell – Behind NEX video store

Sbarro's – Next to Main Street USA

Chili's – Next to Navy Lodge

Club Alliance

Sharkey's Pub

Italian Gardens

Main Street

Popeye's Chicken

Subway

Long John Silver/A&W

Chinese

NEX food court

Anthony's Pizza

Dunkin Donuts

Fast food counter

Bowling Alley

Mean Genes



Stork's Nest Emergency Numbers

3AOB/Maternity Ward	-----243-5311
Emergency Room	-----243-7141
USNH Quarterdeck	-----243-7144
OB/GYN Clinic	-----243-8747/8741
Family Practice (B Desk)	-----243-8721

If you are experiencing pain or going into labor and cannot walk to the Emergency Room or 3AOB, please call the Emergency Room or 3AOB and someone will come over to escort you to the hospital.

Stork's Nest Mailing Address

U S Naval Hospital Yokosuka
OB/GYN Department-Stork's Nest Manager
PSC 475 Box 1600 Code 111
FPO AP 96350-1600



USNH Yokosuka



STORK'S NEST